

# Historic St. Mary's City

*a museum of history and  
archaeology on the site of  
Maryland's first capital*

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MD 20686

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CALENDAR RELEASE

## **TRAILS DAY AT HSMC**

April 26, 2005, St. Mary's City, MD – On Saturday, June 4, 2005, Historic St. Mary's City will join parks and museums across the nation to celebrate the 13th annual National Trails Day, sponsored by the National Hiking Society. Explore the many ways to "Take the Path to a Healthier You" in southern Maryland's beautiful tidewater environment.

Special events at the museum will include a 5K run, plant walks, and health screenings from St. Mary's Hospital Health Connections. Visitors can try paddling a kayak, stepping through a labyrinth, and strolling through history exhibits at the museum.

Aside from a \$10 registration fee for the 5K Run and Walk, there will be no charge to visit museum exhibits or to participate in special activities on Trails Day. For more information, please contact Historic St. Mary's City at 240-895-4990 or visit the museum web site, [www.stmaryscity.org](http://www.stmaryscity.org).

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For more information or digital and print photographs, please contact Susan Wilkinson, Director of Marketing, Historic St. Mary's City ( 240-895-4967/[sgwilkinson@smcm.edu](mailto:sgwilkinson@smcm.edu)) or HSMC Landscape Manager Mary Alves(240-895-4964/[mmalves@smcm.edu](mailto:mmalves@smcm.edu)).